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Big names to show up at We Day

Talking to the crowd.
We Day in Winnipeg
to feature likes of
Martin Sheen, Martin
Luther King III

The list is out and We Day Manitoba in Winnipeg will feature former real presidents and former fake ones.

Actor and human rights advocate Martin Sheen, who played fictional U.S. president Josiah Bartlet in The West Wing, will take the stage along with the former president of Mexico Vicente Fox.

Along with Fox and Sheen, activists and speakers like Martin Luther King III, Spencer West and Vishal Vijay will also talk to the crowd of mostly teenagers about the importance of charity, helping others and improving communities, locally and abroad.

"This growing movement of young people, shifting their perspective from the inward looking 'me', to the compassionate 'we', is the outlook that will ultimately change the world," said Sheen. "I have seen how We Day empowers youth to become active citizens, unites them with a shared goal and supports them on their journey."

"It's a life-changing movement and I feel privileged to be a part of it."

The third one for Winnipeg, We Day gathers local kids and teens — all of whom have to earn a right to be there through charity work — filling the MTS Centre for a flashy and music-filled conference that discusses global issues. More importantly, it aims to bridge the gap between teens who want to make a difference in the world but don't know how to do so. **ELISHA DACEY/METRO**

Actor Martin Sheen is a featured speaker at We Day Manitoba. Sheen will take the stage along with former Mexican president Vicente Fox at We Day. GETTY IMAGES FILE



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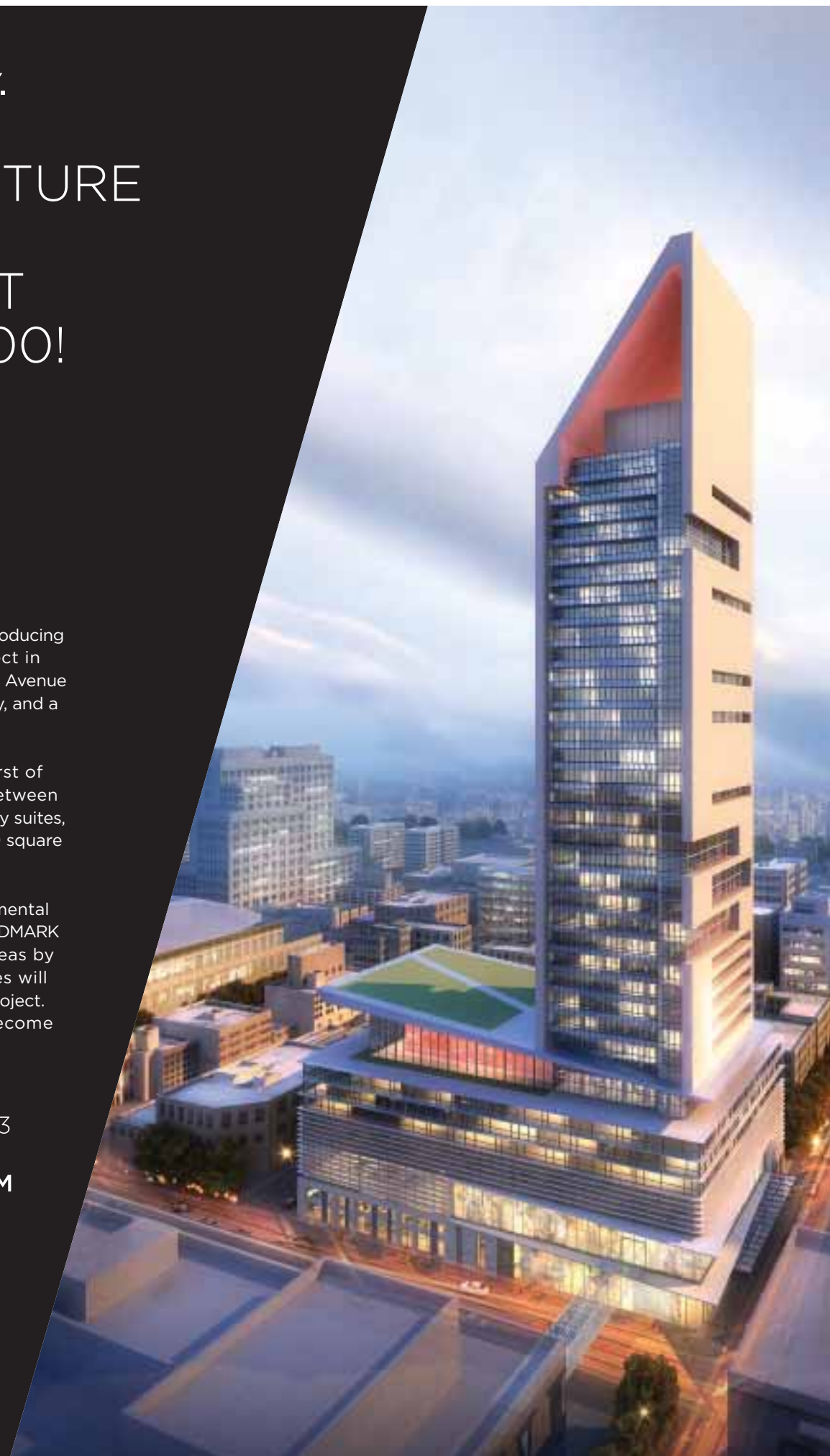
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Countering accusations

Manitoba government told by bureaucrats to follow the law on sales tax hike

Manitoba Finance Minister Stan Struthers is countering accusations he ignored advice by senior bureaucrats when he raised the provincial sales tax.

Documents obtained by the Canadian Taxpayers Federation show senior Finance Department officials warned the government that the tax could not be raised without a referendum under the province's balanced budget law.

The documents said the government would either need to hold a referendum on the tax hike, or pass a law eliminating the need for a referendum before the tax hike could take effect.

Instead, the government raised the tax on July 1, while the bill to eliminate the need for a referendum continues to be tied up in the legislature.

Struthers says he received legal advice that his approach was on solid ground.

He says many governments have raised taxes before the enabling legislation is passed.

He called it a long-established practice.

The Opposition Progressive Conservatives have called the tax hike illegal — and have promised to challenge it in court next year.

THE CANADIAN PRESS

Winter surcharge idea snowed under

A consulting firm's recommendation to create a surcharge for snow removal was quickly kiboshed by Mayor Sam Katz's powerful executive policy committee.

KPMG's Operational Review of Public Works report, while far-reaching, has created a snowstorm with the suggestion that the city consider not plowing curb-to-curb and down to the pavement as a

cost-cutting measure.

The report also recommended that city officials consider a Winter Control Surcharge, which would be added to tax bills if the plowing costs during a winter period exceed the budgeted amount.

Coun. Dan Vandal's motion, which was carried unanimously, deleted the Winter Control Surcharge recommendation. It also called

for a change to the wording of a clause in the motion; that the KPMG report be "reviewed for implementation" from the original "endorsed for implementation."

"There's many recommendations in the public works report that are worthy of further discussion, but the surtax on snow is not one of them, so it was really my pleasure to deep six that the first chance I

got," the St. Boniface councillor told media after the meeting.

This amended motion now moves on to the Oct. 23 city council meeting. If approved there, Vandal said the recommendations would go to the committee he chairs, infrastructure renewal and public works, and alternate service delivery committee.

BERNICE PONTANILLA/METRO

Southeast Winnipeg: Boil water advisory lifted

Contamination. Brown water has nothing to do with advisory: City

As residents in south St. Vital struggled with a boil water advisory on Wednesday, City officials made a point to not link it to the city's brown water woes.

Michael Routledge, chief provincial public health officer, said this is an "unusual event," for Winnipeg, which, unlike other parts of the province, isn't used to getting boil-water advisories.

"I wouldn't say people should be overly concerned about this," Routledge said Wednesday afternoon, adding the response by health officials was "incredibly fast."

Routledge said the water samples were taken on Monday and the results came back Tuesday at 4:30 p.m. After discussions with experts, the boil-water advisory was issued at 9:30 p.m. It was lifted in the early evening.

Both Routledge and Kelly Kjartanson, manager of en-

vironmental standards for the City of Winnipeg, said earlier in the day there were strong possibilities the E-coli results were false positives, with the possibility containers were contaminated instead. Kjartanson also stated there's no link between the discoloured water issues over the past few months and the advisory.

Nancy Simpson, who lives on Paddington Road, said she dealt with brown water a week ago.

"It gets frustrating," said the mother of two school-aged children. "I know it's no one's in particular fault, but let me tell you, it tests your faith in our water system.... We're supposed to have some of the cleanest water in the world."

Many restaurants in the area, including those around St. Vital Shopping Centre, did not serve drinks Wednesday, and some reported losing business as customers stayed away. The Louis Riel School Division, meanwhile, had to bring in bottled water for 11 schools.

ELISHA DACEY AND BERNICE PONTANILLA/METRO



Residents east of Bishop Grandon between the Red and the Seine rivers to the Perimeter woke up to a boil water advisory Wednesday. BERNICE PONTANILLA/METRO

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Red River College turns 75

Happy birthday.
College planning
more expansions

Red River College has seen many changes over the last 75 years, and as the school stopped to mark its birthday Wednesday, the college's president said they've got no intentions of slowing down.

"There's lots left to do," said Stephanie Forsyth at an afternoon ceremony held for staff, students, alumni, donors and friends of the college at the Notre Dame campus. "We've got some buildings we have to replace, but we also have to expand."

"We've got a huge demand for our technology programs and our trades programs, and we don't have the facilities to accommodate it all."

Forsyth said the college expects to turn sod on the first phase of a \$200-million project to add and renew about 350,000-square-feet at the Notre Dame campus next spring, just in time

On offer
200+

Red River College offers more than 200 full- and part-time programs, and has more than 30,000 enrolments annually, according to Red River College.

to accommodate the province's plan to have 75,000 new skilled workers trained by 2020.

Manitoba's minister of advanced education and literacy, Erin Selby, spoke at the birthday celebration, marveling at the college's evolution from a small night school offering a handful of courses in the 1930s.

"Imagine how different the landscape of both Winnipeg and the province would be if we hadn't had Red River (College's) 75 years of influence," she said.

"Education opens doors to success for individuals and is also the key to keeping our province's economy growing."

SHANE GIBSON/METRO



From left, chair of Red River College's board of governors, Richard Lennon, the school's president and CEO Stephanie Forsyth, and Manitoba's minister of advanced education and literacy, Erin Selby, get ready to cut a cake to celebrate the college's 75th birthday Wednesday afternoon. SHANE GIBSON/METRO

Manitoba, feds announce food safety funding



Manitoba's Agriculture, Food and Rural Initiatives Minister Ron Kostyshyn, right, and Selkirk-Interlake MP James Bezan announced joint provincial and federal funding for food safety initiatives Wednesday. SHANE GIBSON/METRO

The federal and provincial governments are partnering in an effort to improve the safety of foods produced and eaten in Manitoba.

The two levels of government pledged a combined \$2 million from their joint Growing Assurance — Food Safety initiatives over the next year to address the safety of foods as they move from the farm to processing and distribution.

"We want to minimize the risk," explained Manitoba's Agriculture, Food and Rural Initiatives Minister Ron Kostyshyn, who was joined in Winnipeg by Selkirk-Interlake MP James Bezan for the announcement in Winnipeg Wednesday. "Consumers today are asking 'where's my beef coming from, where's my pork coming from...' they want to know where their food is coming from and that's part of the program."

Through the initiative producers and processors can apply for funds to improve things like storage, sanitation, biosecurity, animal welfare, emergency preparedness, and traceability.

"This is important for an industry that drives Manitoba's economy," said Bezan, who represented federal Agriculture Minister Gerry Ritz at the announcement. "Jobs and growth are also key priorities for all Canadians both on and off the farm."

The funding was allocated from the Growing Forward 2 program, a joint federal and provincial policy that is pumping \$176 million into agriculture in Manitoba over the next five years.

SHANE GIBSON/METRO

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Two Canadians trapped in Egypt release video

'Ordeal's not over'

Still under 'active investigation,' only a judge can decide when they fly home

Two Canadians who remain trapped in Egypt after being released from jail have made their first appearance in an online video.

Filmmaker John Greyson and physician Tarek Loubani, who were detained for seven weeks in Cairo, appear healthy and upbeat as they speak in the 66-second



Filmmaker John Greyson and physician Tarek Loubani in a video they released Wednesday. YOUTUBE SCREEN GRAB

video posted Wednesday to YouTube. Greyson said in the video that while the "ordeal's not over" it was time for the pair to say "hi" to those who supported them. It's not

clear when Egypt will allow them to fly home. An official said the men remain under investigation, and it's up to a judge when they are free.

THE CANADIAN PRESS



Russia gets tough with little Netherlands

Maarten Huiskamp cuts a piece of Dutch cheese in De Kaaskamer store in Amsterdam, Wednesday. The Netherlands has apologized after a diplomatic spat over the arrest and detention of a Russian diplomat by police in The Hague, but relations between the countries are soured. Russian news agencies said that a delegation inspecting Dutch cheese facilities is not satisfied with the quality of the product. PETER DEJONG/THE ASSOCIATED PRESS

Utah

Nature calling?

A Utah man has been sentenced to seven days in jail after a high-speed chase that he blamed on a bathroom emergency. Jeffrey Laub, 39, told a judge that he was racing to get to a toilet as he was chased by cops at 178 km/h. THE ASSOCIATED PRESS

Kuwait

Jail for insulting the emir

Kuwait newspapers say a court has sentenced an online activist to two years in jail for insulting the nation's ruler. It is the first case since a blanket pardon for similar offences last summer. THE ASSOCIATED PRESS

Utica, N.Y.

Sounded like a puppy in distress

A frantic effort to save what was believed to be a puppy trapped in an upstate New York City's sewer system has a happy ending. There was no trapped pup, just a sewer system that sounded like one. THE ASSOCIATED PRESS

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That's one super window cleaning dude

Window cleaner Mitch Logan washes the windows of Young Tower in Halifax dressed as Spider-Man on Wednesday afternoon. Logan, who will be back working in costume on Thursday, said he was dressed up as Spider-Man for charity, but he was reluctant to say which one. JEFF HARPER/METRO IN HALIFAX

Gay Mountie on the front lines of teen bullying

RCMP. Tad Milmine talks to kids in schools across Canada; one in seven Canadian children 11 to 16 are bullied: 2004 study

{When Tad Milmine walks into a classroom, students don't know anything about him.

They don't know he's an RCMP officer. They don't know he's gay. They don't know he's been bullied and abused.

But within minutes, students know he's there for them, especially in their darkest, most vulnerable moments, Milmine said.

He speaks to them through the spirits of Ontario's Jamie Hubley, Nova Scotia's Reh-taeh Parsons and British Columbia's Amanda Todd — all teen suicide victims mercilessly bullied by their peers before killing themselves.



In Port Coquitlam, B.C., Carol Todd holds a photo of her late daughter, Amanda, signed by singer Demi Lovato. DARRYL DYCK/THE CANADIAN PRESS

Todd died one year ago Thursday.

"I'm up there, just a guy named Tad," said the Surrey, B.C., RCMP officer.

Milmine started talking to students across Canada last October. When he visits a school he gets messages from up to 25 per cent of the students.

The RCMP in Nova Scotia

originally said there wasn't enough evidence to lay charges in Parsons's case, but after her death the investigation was reopened and two men were charged.

A suicide note left by Jamie Hubley, a gay Ontario teenager, spoke of the pain of bullying. Charges were not laid in the deaths of Todd or Hubley. **THE CANADIAN PRESS**

BlackBerry Z30

Thank social media for this corporate reversal

Rogers Communications says loyal BlackBerry smartphone users have spoken.

The firm said Wednesday it has reversed its decision not to sell the upcoming BlackBerry Z30 smartphone due to a strong response from its customers — particularly on social media. Some users accused Rogers of abandoning a fellow Canadian company.

THE CANADIAN PRESS

British Columbia

Pixar shuts its Vancouver shop to consolidate in California

Computer animation giant Pixar has shut down its Canadian operation in Vancouver, leaving about 100 employees out of work.

Pixar publicist Chris Wiggum says the company decided to focus its efforts under one roof at the company's Emeryville, Calif., location. The Vancouver studio opened in 2010, creating short films such as Air Mater.

THE CANADIAN PRESS

Ottawa

Spying on Brazil a big blunder, Mulcair says

NDP Leader Tom Mulcair says apparent efforts to spy on Brazil have given Canada a black eye.

Speaking Wednesday at a news conference, Mulcair denounced the reported attempt by Canada's electronic eavesdropping agency to monitor Brazil's Ministry of Mines and Energy as a big mistake. A Brazilian report said the indexing details of phone calls and emails were targeted.

THE CANADIAN PRESS

Parents can be the last to know

Cyberbullying expert and Dalhousie University law professor Wayne MacKay said the issue stretches beyond government and law enforcement.

- MacKay served as chairman of a task force that submitted a report in February 2012 to the Nova

Scotia government — Respectful and Responsible Relationships: There's No App for That — that made 85 recommendations.

- MacKay said the task force discovered surprising and disturbing reasons why adults are often the last to know children are

subjected to bullying. "We found the No. 1 reason that victims of bullying and cyberbullying don't tell trusted adults like a parent is (they think) they (the adults) might cut me off the Internet," he said. "The No. 2 reason: it will only get worse."

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Judge ridicules quest to punish census activist

In the name of justice?

89-year-old 'martyr in the making' is a public relations disaster for the prosecution, judge says

A Toronto judge lambasted the government Wednesday for its prosecution of an 89-year-old peace activist who refused to fill out the 2011 census, and found her not guilty.

Audrey Tobias admitted that she refused to fill out the basic personal information the census required because it was processed using software from U.S. military contractor Lockheed Martin.

But the judge noted there are two elements that the Crown must prove for a conviction: the act and the intent.

Tobias's testimony left Ontario Court Judge Ramez

Khawly unsure whether she was accurately recalling her intent for refusing the census nearly 2 1/2 years ago, or if the passage of time has "dimmed her memory."

That left Khawly with reasonable doubt of Tobias's intent and he said he therefore must acquit her.

"Could they not have found a more palatable profile to prosecute as a test case?" Khawly said. "Anyone in Justice who had not seen that coming should be ushered immediately into an introductory marketing course."

Tobias stood defiant on the courthouse steps, saying she was willing to be dragged off to jail if she had been found guilty.

Asked whether she had been afraid of the prospect, she shrugged.

"I was curious," she said.

"I wondered what it would be like." **THE CANADIAN PRESS**



Mexican woman turned away from clinic, gives birth on lawn

Irma Lopez, 29, stands next to her newborn son Salvador at a clinic in the town of Jalapa de Diaz, Mexico, earlier this week. Mexican officials suspended a health centre director Wednesday after Lopez, an indigenous woman, was denied entry to his clinic and was forced to give birth on the lawn. A nurse kicked Lopez out of the clinic on Oct. 2, claiming she was "still not ready" and had to wait for a doctor. Lopez gave birth while grabbing the wall of a house next to the clinic. **CHEMA ALVAREZ/THE ASSOCIATED PRESS**

France. 2 more reporters held in Syria identified

France has revealed the existence of two more journalists taken hostage in Syria, after the prime minister identified them in a radio interview, apparently by mistake.

The disclosure that Nicolas Henin and Pierre Torres had been kidnapped while in Syria June 22 brings to four the total of French journalists known to be held hostage in Syria.

The Foreign Ministry said Wednesday that Henin and Torres' capture was not disclosed until now out of respect of their families' wishes. However, in an interview on French radio Wednesday, Prime Minister Jean-Marc Ayrault named them for the first time while answering a question about two other kidnapped reporters.

THE ASSOCIATED PRESS

Brazil. Man left legless after amputation mix-up

A Brazilian hospital says a patient with diabetic kidney failure has been left legless after going into an operation to amputate his right leg and having doctors remove his left.

Marilda Santos, spokesperson for Rio de Janeiro's Pedro Ernesto University Hospital, says that on Friday doctors were supposed to

amputate Antonio Cesar Victorio's right leg, but instead removed his left.

"When the patient's daughter told doctors they had removed the wrong leg, they amputated the other leg as well."

Victorio's daughter told the O Globo newspaper that the family plans to sue.

THE ASSOCIATED PRESS



"Did no one at Justice clue in that on a public relations perspective, this was an unmitigated disaster?"

Ontario Court Judge Ramez Khawly

Activist Audrey Tobias stands on the steps of a Toronto court on Wednesday. **CHRIS YOUNG/THE CANADIAN PRESS**

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Samsung's claim

This smartphone is ahead of the curve

Samsung Electronics says it will release a smartphone with a curved display — and a \$1,000 price tag.

The Galaxy Round has a curved 5.7-inch (14.5 cm) screen using advanced



THE ASSOCIATED PRESS

display technology called organic light-emitting diode, or OLED, technology.

The Korean company says the curved-screen phone is a world first.

Inequality

Rich? Ask these 110 Russians

A report by a major investment bank says 35 per cent of household wealth in Russia is owned by just 110 people.

It's the highest level of inequality in the world

barring small Caribbean nations.

The fall of communism saw Russia's most prized assets sold off to a small circle of businessmen later known as oligarchs.

President Vladimir Putin allowed them to keep their wealth in exchange for their political loyalty.

THE ASSOCIATED PRESS

Where's the remote? It's on Twitter ... in a unique new TV, movie link-up

Tweet this: Twitter has linked up with the American media company Comcast.

The two giants have signed a partnership that will let viewers access TV shows and buy movie tickets directly from a tweet.

The development deepens the messaging service's ties to television programming.

Twitter Inc. and Comcast Corp. said Wednesday a new feature that's part of the deal will let customers of Comcast's Xfinity TV service tune in to programs by clicking a "see it" button in a tweet.

Comcast CEO Brian Roberts called it "an instant on-line line remote control."

The button will allow Twitter users to set DVRs, tune in to



The Sept. 29 finale of *Breaking Bad* generated a record 1.24 million tweets. AMC/THE ASSOCIATED PRESS

shows online, on TV or on mobile devices.

They can also buy movie tickets through Fandango.

In the current TV season, shows on NBC, USA, Bravo, MSNBC and other networks will be accessible through the "see it" button.

Comcast and Twitter said they are in talks with other TV networks and companies that will use the feature in the "coming months."

Twitter's deal with the largest U.S. cable company comes as the messaging firm prepares for an initial public offering of stock, which could occur next month.

THE ASSOCIATED PRESS

Teen safety: It's a 'like' for Facebook managers

A cry for help?

There are some surefire ways the social networking site can come to your aid



JESSICA SMITH
Metro in Toronto

Teens have a different Facebook than the rest of us.

Their profiles aren't searchable through Google, their default settings are more private and they only show up in Facebook's new Graph Search to their "friends of friends" network.

It's all about teen safety.

Facebook Canada invited reporters Wednesday to learn more about how the social network deals with that topic.

Facebook's manager of privacy and safety Nicky Jackson said the company chooses to give teens — kids are supposed to be at least 13 to be on the site — autonomy, in part because young

Quoted

"There's a lot of misunderstanding. And we get it — you want to understand how your image is being used."

Nicky Jackson, Facebook exec.

people tend to go to Facebook to talk about things they can't tell their parents about, such as violence in their home or coming out as LGBT.

Facebook tries to give them a safe environment to communicate, she said.

Jackson explained the different ways a user can ask for help.

There are built-in mechanisms for reporting bullying to a trusted adult and to Facebook operators who can remove the bullying post.

And there are mechanisms for reporting crises such as suicide attempts to emergency services.

Teen safety and privacy has been a controversial subject for Facebook.



Facebook wants to provide a safe environment. CHRIS JACKSON/GETTY IMAGES

American advocacy groups have launched a complaint with the U.S. Federal Trade Commission, warning that children are vulnerable and "should not be subjected to the same range of sophisticated ad-targeting practices that Facebook imposes on adults."

Just recently ads for a dating site appeared on Facebook featuring the photos of Halifax teen

Rehtaeh Parsons, who died by suicide after bullying and an alleged sexual assault.

The advertiser found Parsons' photos from a search engine and used them directly in the ad.

Facebook took down the ads and banned the advertiser.

Destination HALLOWEEN

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NOBEL PRIZE WINNERS SHOULD GET TO TWERK

I sometimes wish I lived in a world where Nobel Prize week was as popular as Shark Week.

Alas, I live here. So while I might be excited to see people take home Nobel Prizes in physics or medicine or chemistry, I know it won't get the public nearly so excited as footage of any of those people being eaten by a hammerhead.

I've considered the potential of some reality TV glitz — each prize presented by Miley Cyrus, say, licking the medal like it's chocolate wrapped in foil. Or the winners making public phone calls to childhood bullies so they can boast they've won a million dollars (as well as a large chocolate medallion and a chance to meet Hannah Montana.)

But, really, we shouldn't have to glitz it up at all. A Nobel Prize, after all, is one of the most respected awards in all of humankind, second only to The Daytime Emmy Awards. To illustrate, here's a timeline (of the Nobels, not the Emmys).

1888: Alfred Nobel, butler for reclusive billionaire Bruce Wayne and the inventor of dynamite, is shocked to read his own obituary in a French newspaper, which dubs Nobel "the merchant



HE SAYS
John Mazerolle
metronews.ca

of death." In response, he creates the Nobel Prize so that he might be remembered more fondly, then has his critics blown up with dynamite.

1901: Wilhelm Conrad Röntgen becomes the first person to win a Nobel Prize for physics when he discovers X-rays, using the \$1.2 million prize to buy a hundred years' worth of X-ray Glasses ads in the back of Archie comics.

1911: Marie Skłodowska-Curie wins a Nobel Prize for chemistry. The Curie family wins five Nobel Prizes in total, earning them the nickname "the Sutter family of the Nobel Prize world" among those who are huge fans of both the Nobel Prize and the NHL.

1953: Physicist Frederik Zernike wins for his invention of the phase contrast microscope, earning the scorn of his fellow physicists who had all made some pretty cool papier-mâché volcanoes that erupt when you add baking soda.

1965: The awards show institutes an annual memorial reel — showing all those who have died in science, for science and because of science — which runs about 11 days.

1973: Chemists Stanford Moore and William H. Stein win for their research showing that the Maxipad on the left soaks up far more blue liquid than the other guy's sanitary napkin on the right.

1992: The Nobel Prize for Swimsuit Competition is discontinued after complaints from women's groups that the winner is always Swedish.

2007: After years of snubs, Martin Scorsese finally wins a Nobel Prize for his physics work, which provided a mechanism to explain the typical blood spatter pattern on gangsters' pinstripe suits.

2009: U.S. President Barack Obama's selection as winner of the Nobel Peace Prize stirs controversy, especially after he declines the invitation to come to Oslo and has a drone pick it up on his behalf.

As you can see, the Nobels have a colourful and even controversial history that should get people just as excited as any version of Jaws, whether a great white's or Miley Cyrus's. The beauty of science and the nobility of the human spirit should be enough to attract eyeballs.

Or, what the hell, just get Robin Thicke and Miley Cyrus to host and call the damn thing the Nobelz, if more people will watch. The Discovery Channel used to be a science station, after all.

How's that for blurred lines?

ZOOM

You said they're extinct?



ALEJANDRO ARTEAGA/TROPICAL HERPING

Your nose is going to grow

Pinocchio lizard fools us by reappearing

It's no tall tale that the aptly named Pinocchio lizard — once thought to be extinct — has been caught on camera in Ecuador. The Anolis Pinocchio has only been sighted on three occasions since 2005.

After a three-year search, a team of photographers and researchers found the creature.

METRO

Once thought to be a 'mythological creature'

"Finding the Pinocchio anole was like discovering a secret, a deeply held secret," said photographer Alejandro Arteaga. "We conceived it for years to be a mythological creature."

It was first discovered in 1953 but disappeared for forty years, only to be rediscovered in 2005 by birdwatchers. METRO

The nose knows

- The lizard was named after the children's character Pinocchio.
- It was found in the cloud-forest of Mindo, Ecuador.
- Its nose is incredibly flexible and it's not believed to be used for mating or battling rival males. But, its exact purpose is not known.

Where to find Pinocchio

1,530

The height in metres above seal level that the Pinocchio anole lives.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a long weekend coming up, which means you might find yourself doing a little travelling. So please a) stay safe and b) check out these games you can carry in your pocket to help while away the hours.



CONTRIBUTED

Naughty Bricks:

If the similarity between this title and another massively successful app starring cartoons with an unpleasant disposition raises your eyebrow, said eyebrow has a point. While Bricks isn't an Angry Birds clone, per se, it's close enough — giving you one physics-based shot at flinging the sun into a cluster of wisecracking bricks that are heading toward Earth. (iOS, Android/\$1.99)

The Cave:

More than just the titular location, The Cave is also the titular character narrating a puzzle-solving adventure game from the creator of the Monkey Island series. The setting can be dark

but beautifully clever writing — especially the snarky Cave narrator — should keep you smirking as you deal with monsters and hazards. The small screen can make for problematic controls, but we're used to that by now. (iOS/\$4.99)

X-Type:

We're fudging a bit here, since this isn't an app art all. Instead, simply plug photoslab.org/xtype into your browser and you'll be served up with a twin-stick space shooter. So blast as many menacing space threats as possible while this is still fresh, because it's your only chance to get on the leaderboard before the hardcore shows up.

Comments

RE: Hockey Canada Unveils Olympic Hockey Jerseys, published Oct. 8

How about not trying to fix what's not broken?

A slight alteration I can live with, but this is just lazy and ugly. Probably designed by the same people that thought those yellow jerseys were a good idea ... The red and white ones look like novelty jerseys I would buy at Petro Canada

with my gas points. The black one looks like a sweatshirt I'd buy at Roots. They dropped the ball (or puck) with these.

Chris posted to metronews.ca

Nice practice jerseys! Did hockey Canada run out of money for real ones?

DaN posted to metronews.ca

The first thing I thought of when I looked at the picture was, Petro Canada is going to love this!

GW posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

SCENE 2

From heel to heavy metal hero

Fozzy. What started as a cover band fronted by WWE wrestler is now a Billboard Top 200 act



BACKSTAGE PASS
Jared Story
winipeg@metronews.ca

Chris Jericho is best known as a professional wrestling bad boy, but he also fronts the heavy metal band Fozzy. Despite the former Winnipegger's over-the-top WWE personality, Fozzy is no novelty act.

Fozzy's fifth studio album *Sin and Bones* — released in August, 2012 through Century Media Records — premiered at No. 1 on the Billboard Heatseekers chart and landed at No. 143 on the Billboard Top 200.

"We focused on doing what Fozzy does best, which is very heavy riffs with very melodic choruses and a lot of harmonies, like if Metallica and Journey had a bastard child," Jericho says, 42, on the phone from a tour stop in Los Angeles.

"It's our highest-selling record, our highest-charting record, our most played record on radio and our most critically acclaimed. The proof is in the touring pudding. We've done 17 countries on this tour and played over a 100 shows."

Formed in 1999, Fozzy started as Fozzy Osbourne, a cover band assembled by Stuck Mojo guitarist Rich Ward. Jericho soon joined the Fozzy fold, adopting the alter ego Moongoose McQueen.

In 2000, Fozzy released a self-titled record consisting



Fozzy — a heavy metal band fronted by WWE star Chris Jericho — rocks Union Sound Hall on Monday. CONTRIBUTED

mostly of heavy metal covers, with the back-story being that bands like Dio, Iron Maiden and Twisted Sister stole Fozzy's songs for themselves.

Fozzy dropped the back-story on its 2002 album *Happenstance*, which contained five original tracks. Since then, every Fozzy album has consisted entirely

of original songs, but there's still some who think a wrestler can't be a rock star.

"We've never been a wrestling band. We've never gone onstage and sang about body slams and shit like that," Jericho says.

"Bruce Dickinson from Iron Maiden is an airline pilot, but he's not singing about sitting in the middle

seat eating a little bag of peanuts. It's Iron fucking Maiden, that's all that matters."

When in Winnipeg, the St. James boy says he has to get pizza from D-Jay's Restaurant. D-Jay's actually serves a pep and beef pizza called The Jericho. That's when you know you've made it.

"Exactly, that and when you appear in a crossword

puzzle," Jericho says. "I was in a crossword puzzle in Peoria, Illinois, or something like that. Those are my two claims to fame."

Fozzy plays Union Sound Hall on Monday. Tesseract, Scale The Summit and Ancients are also on the bill.

Tickets are \$25 at Music Trader and ticketworkshop.com. Doors open at 9 p.m.

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And Charlie Sheen as the president of the United States

Machete Kills.

Actor claims he beat Sarah Palin in the polls and that he's a lot more entertaining than his dad's West Wing president



NED EHRBAR
Metro World News in Hollywood

Charlie Sheen gives a very unique take on the President of the United States in *Machete Kills*, a version really only he could do. But how does his Commander-in-Chief — dubbed simply “the President” — stack up against his dad Martin Sheen’s West Wing character, President Bartlett?

“I am the more interesting president, yeah,” the younger Sheen offers. “I will have your vote after (you see) the movie.”

While he freely cops to the fact that his dad has him beat in the gravitas department, Sheen has a few tricks up his sleeve.

“I wouldn’t have all the data, all the facts that he does about world history and all that crap, but I understand the human condition, you know?” Sheen says.

“There was a time during that crazy tour when I had Palin beat by a couple of points in a legitimate poll and it was only two behind Barry Soetoro — I am sorry Barack Obama.”

So what is it about Sheen’s



Machete Kills — starring Carlos Estevez (a.k.a Charlie Sheen) as “the President” — opens Friday. CONTRIBUTED

stint as leader of the free world that makes it so much more interesting than seven seasons of Aaron Sorkin-scripted dialogue?

“In one day in the Oval Office I slept with three women, pulled out a machine gun, drank, smoked and swore,” he offers.

“In seven years Dad didn’t do any of that, you know?”

But don’t go looking for Sheen’s name in the credits of *Machete Kills*, since he goes by his birth name of Carlos Estevez for the film. The reason for that, it turns out, is that he wanted to get the

coveted final credit slot with “and Charlie Sheen as the President” during the opening credits.

“But that was already given to Mel Gibson and I thought, ‘He’s got a couple of Oscars, he wins,’” Sheen explains.

“Plus I like Mel a lot. He is a terrific guy when he isn’t drinking and driving — sorry, Mel.”

Luckily, another solution presented itself.

“Since it’s a Robert Rodriguez film, let’s go with this whole Latin thing and that’s where we went: ‘and introducing Carlos Estevez as the President,’” he says.

A job well done?

“In one day in the Oval Office I slept with three women, pulled out a machine gun, drank, smoked and swore. In seven years Dad didn’t do any of that, you know?”

Charlie Sheen comparing his role as president of the United States in *Machete Kills* to his father Martin Sheen’s turn as prez in the West Wing.

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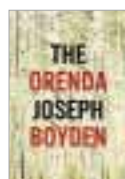
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1. DOCTOR SLEEP Stephen King

Haunted by the inhabitants of the Overlook Hotel where he spent one horrific childhood winter, an adult Danny Torrance has now become Doctor Sleep — and finds himself being pulled into an epic war between good and evil.

Last Week: 1 / Weeks on List: 3



2. THE ORENDA Joseph Boyden

Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.

Last Week: 2 / Weeks on List: 5

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| 3. THE LONGEST RIDE Nicholas Sparks | 3 | 4 |
| 4. A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett | 6 | 6 |
| 5. THE SILENT WIFE A.S.A Harrison | 4 | 7 |
| 6. MADDADDAM Margaret Atwood | 7 | 7 |
| 7. GRAIN BRAIN David Perlmutter | 5 | 4 |
| 8. KILLING JESUS Bill O'Reilly | 14 | 3 |
| 9. GONE James Patterson | 19 | 2 |
| 10. STEVE JOBS Walter Isaacson | 8 | 5 |
| 11. THE CASUAL VACANCY J.K. Rowling | 10 | 12 |
| 12. INFERNO Dan Brown | 11 | 20 |
| 13. BREAK OUT! Joel Osteen | 17 | 2 |
| 14. THE SIGNATURE OF ALL THINGS Elizabeth Gilbert | 20 | 2 |
| 15. ONE SUMMER Bill Bryson | 18 | 2 |
| 16. TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean | 12 | 4 |
| 17. BLOOD Lawrence Hill | 15 | 2 |
| ★ 18. THE CIRCLE Dave Eggers | - | 1 |
| ★ 19. A NATION WORTH RANTING ABOUT Rick Mercer | - | 1 |
| ★ 20. MY STORY Elizabeth Smart | - | 1 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending October 14th

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Writer can't get enough of the star-cross'd lovers

Romeo and Juliet.

Julian Fellowes says he's fascinated by young, pure love — the kind that takes over your life

NED
EHRBAR
Metro World News in Hollywood

Between what he's put the couples through on *Downton Abbey* and now taking on *Romeo and Juliet*, you'd be forgiven for assuming writer Julian Fellowes is more than a little obsessed with doomed, tragic love. And he'd admit you're onto something — but it's not his fault, he swears.

"This whole business of love ending in death, I grew up on it," he says.

"I mean, you remember those songs — Tell Laura I

Love Her and Leader of the Pack and Terry — they were all ending up with the guy dying on the motorbike or being smashed in the car race or whatever. And that was really my adolescent culture. So in a way I got there before *Twilight*."

But early exposure to pop music aside, Fellowes insists he's just giving audiences what they really, really want.

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing — perhaps because it's a sort of ideal that most of us don't live up to," he says of the enduring appeal of Shakespeare's romantic tragedy.

"There is a moment in some incredibly unhappy pursuit where most of us think, 'Oh, the hell with it' and then we just go home. But what we love about these lovers is that they don't think that.

"They go all the way and

in the end they would rather die than be apart. It somehow chimes with the memory of first love and early love, which we've all been through."

And when he says "we all," he's including himself in that equation.

"These stories — and *Romeo* more than any other — take us back into that emotion," he says.

"And I suppose I respond to that as much as anyone else does, really. Odd as it may seem looking at this porky old fellow, bald and fat, once inside there was a lover."

That does leave one nagging question, though: With so many previous adaptations of the Bard's love story — and especially with Franco Zeffirelli's definitive 1968 edition and Baz Luhrmann's more experimental 1996 entry — why does the world need yet another?

"There are certain stories that won't die, and they just continually get reinvented,"

Wherefore art thou Romeo?

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing..."

Julian Fellowes on the enduring appeal of *Romeo and Juliet*

Fellowes explains.

"Sometimes (*Romeo and Juliet* has) been turned into modern musicals about the back streets of New York or it's been made modern and set in an ice rink or it's in an underground garage or everyone's in Nazi uniforms.

"But the point is we keep going back to it. And I think the reason we go back to it is that it touches something at our very core.



Romeo and Juliet opens Friday. CONTRIBUTED

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Meet N.Y.'s new Lord and his mob

New album. The next up the ramp from the A\$AP crew, Ferg's story takes on familiar themes of hood life, drugs and violence

RICHARD PECKETT
Metro World News

A\$AP Ferg, like many in hip hop before him, is prone to those bouts of dreamy hyperbole that sounds more preacher than rapper.

"I think about the art and what the world needs. I want to be a healer with my art at the end of the day," he declares.

Sublime absurdity aside, Ferg (signed to Sony RCA / Polo Records), although not as famous as his fellow A\$AP, Harlem-based mob-member Rocky, is a gritty and talented lyricist.

Just have a listen to his track Cocaine Castles from his debut album Trap Lord. The rapper — real name

Darold Ferguson — chats about drugs, violence, girls and the hustle.

You talk about being the Trap Lord, so what's your best and biggest hustle to-date?

My biggest and greatest hustle is rap music. It got me where I am today and it opened more doors for me to make money and experience other avenues like fashion. I just love art and I'm an all-round artist.

You rap about drugs and violence in your music. What have been your experiences of the Harlem drug culture?

My block is one of the highest raided places in Harlem, New York. It's known for crack-cocaine.

That's where Richard Porter and Alberto "Alpo" Martinez and all of those big drug pushers would come and hustle.

I grew up in a rough environment. I grew up seeing a lot of flashy things — I've seen people get murdered

New album

Finally, what can we expect from the A\$AP Mob album that drops on Tuesday?

- **Quote.** "The Mob album is going to be historical and it's going to be better than my album and Rocky's album."

in front of my eyes and attempted armed robberies. I've seen a lot.

Could you ever be independent from the A\$AP Mob or do you need the support of the other members?

The support comes in handy, you know what I'm saying?

The fact that we have a team and a family behind us makes us much bigger. When a solo artist's flame burns out you don't have that support; you don't have anyone to step up that's from your team and keep your name alive.

When my flame burns out

I become cold a little bit and (A\$AP) Nast, (A\$AP) Twelvyy or Rocky could pick up the torch and keep it moving like that and by the time they've burnt out, I can come back.

That's the blessing of having a team.

Rocky mentioned that there's a competitive environment amongst the A\$AP mob. Is Rocky worried that you're going to topple him as the King of New York?

Well, I think we run New York, honestly, there's not one King.

I never looked at Rocky as King of New York. Nast calls himself the New York Nasty. I mean, like, it's to be proven; it's still too early in the game and we haven't got our feet wet yet.

Do you tend to rap about your past? Is it autobiographical?

No, not at all. Stuff I'm going through like (you see in) Shabba, that's my everyday life.



A\$AP Ferg is telling a familiar story of the trap life but with his own spin on his experiences. CONTRIBUTED

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Sinead O'Connor. ALL PHOTOS GETTY IMAGES

Sinead writes another letter, now the Wrecking Ball's in Miley's court

After Sinead O'Connor's third open letter to Miley Cyrus, the Wrecking Ball singer dismissed the Irish entertainer with, "You can write as many open letters as you want."

Well, be careful what you wish for. O'Connor has released her fourth open letter to Cyrus.

"You've said on Matt Lauer's show — where you again refer to me as 'crazy' — that you don't understand why I have been upset with you. I find that hard to understand, frankly, since

you're clearly very far from being a stupid woman," O'Connor writes.

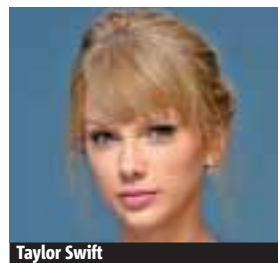
"I would very much like you please to apologize to myself and Amanda Bynes for having perpetuated abuse of both of us. ... I'd find it hard to believe someone so young could be that calculatedly evil to anyone, never mind someone who did absolutely nothing to deserve such abuse. I have no interest in the 'feud' which media want."

I guess the Wrecking Ball's in your court, Miley.

Swift and Mayer in same place at same time, world doesn't explode

It really is a small world after all. Taylor Swift risked a run-in with ex-boyfriend John Mayer recently when she visited Disney Land with some pals, since Mayer happened to be at the amusement park the same day with Katy Perry, according to E! News.

Luckily the two groups didn't cross paths while in the Magic Kingdom.



Taylor Swift

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Wait, so Bow Wow doesn't want to marry me?

THE WORD
Melinda Taub
scene@metronews.ca

The American economy has gone to crap. Their government can't function. Global warming is going to destroy us all.

But look on the bright side. At least we live in an era when catfishing exists.

I realize that is a terribly callous thing to say. Being catfished no doubt feels awful. I don't care. This makes me really happy.

So here's the deal. On this week's Catfish, an astute young woman named Keyonnah began an online relationship with rapper

Bow Wow. He refused to video chat with her, but they exchanged text messages and he sent her \$10,000 in gifts. But — shocker — the man who refused to meet her in person was actually not a famous rapper, but a woman named Dee who liked to lure straight chicks using Bow Wow's likeness because she "liked a challenge."

The best part of this, however, is that Bow Wow himself is super into it.

"I feel honoured," he said in a reaction video posted by his BET show 106 & Park. "It's dope and it's fly when someone wants to be you. And not only they wanna be you, in their mind they are you. That's crazy. But I like it. It's free promo for myself."

Bow Wow went on to invite both Dee and Keyonnah to come hang out with him, which is probably a much happier ending than catfishings usually have.



Daniel Radcliffe

His wand is out again — you're right Daniel, these headlines are easy

Daniel Radcliffe is not surprised about the reaction his steamy same-sex love scene in Kill Your Darlings is getting.

"It's quite an easy headline, I guess particularly for British papers. There's a lot of jokes to be made," he tells Katie Couric in an interview. But he does think it's a bit

out of proportion considering his previous work.

"There was full-frontal nudity" in the stage production of Equus, he points out, "and I played a boy who had a sort of sexual-religious fascination with a horse. So the fact that this is getting more attention, it's kind of interesting."



Owen Wilson

Wilson to father his trainer's baby

Owen Wilson is reportedly becoming a father for the second time — but this time with his personal trainer, who recently filed for divorce, according to the National Enquirer.

Trainer Caroline Lindqvist has reportedly been separated from her husband, plastic surgeon Ritu Chopra, for more than a year but did not

file for divorce until learning she was carrying Wilson's child.

"Caroline broke the news to Owen this past May shortly after confirming that he was the father," a source says. "A few days later she filed for divorce from her husband."

The baby is said to be due in January.

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Lost outside the fashion loop?

Let's give you something to talk about. From leaked looks to high-profile hissy fits, we've got you covered for behind-the-catwalk conversation starters

ALICE TATE

Metro World News

The shows, the parties, the running in heels — we know fashion month is a crazy one. If you're anything like us, you're now a good few weeks behind on industry gossip, mile deep in emails, and are quickly losing your rep as the most clued in employee on your floor, right?

Saving you the trouble of calling in a backlog of glossies, or trawling Google for days, we've rounded up the biggest, buzziest news blasts you might have missed over the month that was, for you to scroll, study, and slip flawlessly into conversation. There, reputation saved. (We just can't do anything for your social life.)

Sept. 6 Alexa Chung launches her book, *It*

Our favourite clothes horse and *It*-girl released her first book, aptly titled, *It*. A new day, a new line on the CV, right Alexa?

Sept. 10 Givenchy launches app

The Italian luxury label is getting down with the kids and going all techy on us. Givenchy unveiled their new app, which gives us all a deeper insight into the brand, its values, and ahem, its stellar e-commerce abilities.



Rihanna's second collection for River Island has shone bright like a diamond since Sept. 12. CONTRIBUTED



Kanye's ignited a feud with everyone else. Why not include the fashion industry? CONTRIBUTED



A handful of style editors got to know each other a little better after getting stuck in an elevator post-Philosophy show. CONTRIBUTED

Sept. 11 Editors had to climb out of an elevator after the Philosophy show

First they ran to get to the show on time, and then 50 intrepid editors had to climb out of the elevator after it got stuck between floors. Who knew New York Fashion Week was such a workout?

Sept. 12 Rihanna's second collection for River Island dropped

The singer, who can't help but make news, made more during New York Fashion Week. Her second collection for River Island dropped. Celebrating in true RiRi style, the singer hosted a bash with party pal Cara Delevingne in tow.

Sept. 18 Net-A-Porter launch ethical collection

The luxury retailer's Green

Carpet Challenge gave your favourite British designers (Burberry, Christopher Kane, Victoria Beckham, and so on) the task of creating a "green" dress, of which profits were donated to The Global Fund to help fight malaria. For us, it means we can buy designer wares and be kind to the world. Thanks, Net-A-Porter.

Sept. 19 Kate Moss says yes to Playboy

After years of "will she or won't she" speculation, the final decision is ... she will. Yup, Mrs. Moss will grace the cover of the iconic men's magazine for her 40th birthday, and the magazine's 60th anniversary. Some get presents, others get nude.

Sept. 25 Kanye West shouted off about fashion

Controversy and Kanye go hand in hand. During Paris



It's been a long time coming, but Kate's finally ready to strike a Playboy pose. CONTRIBUTED

Fashion Week, the rapper took to the Radio1 airwaves to voice his frustrations with fashion, specifically Hedi Slimane. And he didn't hold back.

Sept. 25 Isabel Marant X H&M look-book leaked

Great news for us, bad news for H&M. A sneaky mole leaked the much-anticipated Isabel Marant X H&M lookbook, giving us a tease of what we can expect when it hits shelves on Nov. 14. As anticipated, there's fringing, skinny jeans and oversized slouchy cardigans.

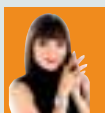
Sept. 25 Sofia Coppola decorated the windows at Bon Marché

In case you needed an excuse to love Sofia Coppola even more, here's one: she jazzed up the windows of Parisian department store, Bon Marché with oodles of Louis Vuitton. Did she do a good job? We'll let the adorable Bambi leaping through neon love hearts holding a mini LV speak for itself.

Sept. 26 Louis Vuitton tapped David Bowie for coming campaign

Ziggy Stardust fans, get excited. The luxury French brand tapped the iconic '80s star for their second instalment of the L'Invitation au Voyage campaign.

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JEANNE SPACE
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Trends Report

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Canadian street style

Spotted in: Toronto

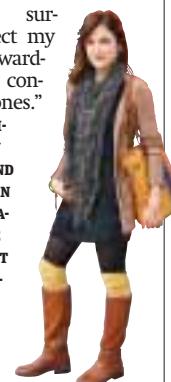
Laura Photographer

What she's wearing
Tights, scarf and yellow knee highs from Free People, Zara sweater, purse from Little Burgundy, Sugarbebe black dress, and Expression boots from Hudson Bay.

Her inspiration

"Nature. My surroundings affect my style... my wardrobe mostly consists of earth tones."

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3
THE

THE SUFFERING IS UNNECESSARY

AVOIDABLE BLINDNESS IS A SOLVABLE PROBLEM

Dinner in the dark sounds romantic, but what about a full restaurant meal served and consumed in total blackness?

Vancouver restaurant Dark Table is offering just that experience, along with live music, to mark World Sight Day Thursday. The restaurant is partnering with Seva Canada, an international development organization founded in 1982 to restore sight and prevent blindness in the developing world.

Dinner is served by visually impaired staff while guests will experience what it feels like to be blind for an evening.

"It's a really engaging and entertaining way for our guests to get a sense of what it might be like to be blind while gaining awareness of this global issue," says Penny Lyons, Seva Canada's executive director. "Avoidable blindness is a solvable problem. We have the answers; the suffering is unnecessary."

World Sight Day is held annually on the second Thursday in October. The goal is to raise awareness of blindness and vision impairment in the general public and to push governments around the world to improve national blindness prevention programs. It also aims to promote education about avoiding blindness.

The International Association for the Prevention of Blindness, the U.K. group organizing World Sight Day, wants the public to help spread the word. The association is encouraging people to blindfold important city landmarks to draw atten-



ISTOCK/THINKSTOCK

tion to World Sight Day.

"The blindfold is a powerful tool to convey the message of losing your sight, and to urge people to get their vision tested," the association says.

Blindness is a major problem in the developing world. Of the 39 million people globally suffering from a total loss of sight, 90 per cent live poor countries.

The theme for 2013 is Universal Eye Health and urges people to "Get your eyes tested." The goal is to increase access to comprehensive eye care services that become integrated with health-care systems.

— Jon Tattrie



SERGEY NIVENS/COLOURBOX

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The art of hanging pictures

Wonder walls. Part 3 of a series on living room decor will help you get a handle on framing and hanging artwork



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous just in time for upcoming holiday parties. This week we'll cover how to avoid getting hung up on artwork. Knowing the rules will help you create beautiful living room walls.

Hanging

- If you're hanging art over a large piece of furniture such as a sofa or low cabinet, fill a distance two-thirds the width of the furniture with art, and hang the art 10 to 16 inches from the top of the furniture.
- When hanging art on a wall that has no furniture in front of it, the middle of the art should be 66 to 72 inches from the floor.
- The lower you hang your artwork, the higher your ceilings will appear — a great trick in a room with standard eight-foot ceilings.
- Always hang art in relationship to the floor, not the height of your ceilings. Higher ceilings don't mean you hang your artwork higher.

Arranging

- Many little pieces of art can be grouped together to create the effect of a large piece of art.
- When grouping pieces to fill a wall, start by placing the largest

Part 4

Next week: Choosing the right accessories for the living room.

piece in the middle and work outward to the smallest.

- A grouping of art scattered down a hallway can act as lighting if each piece has a picture light hung over it.

Style

- If you're framing a variety of art so it coordinates in a room, use frames with similar colours or tones. Not all the frames have to be the same style, but they should share similar finishes such as gold, dark wood, white and so on.
- Mixing styles of artwork is a nice way to create an eclectic balance. Use the two-thirds-one-third rule — that is, use two-thirds of your preferred style, one-third of an alternative style.
- Not sure what type of art will look nice in your living room? Look at the style of your area rug; if the colours are rich then an oil painting might match nicely. If your area rug has a modern, monochromatic style then black and white photo art will match well.

Cost

- Art is very subjective; an inherited portrait of grandma could be digitally revamped into something Warhol-esque and cost you virtually nothing.
- The best sources for great art on the cheap? Estate sales, art fairs, art school yearly sales and pieces you make yourself.
- A good piece of art should cost twice as much as your sofa — a guideline that will help when budgeting your decor for the living room.



The size of art should measure about two-thirds the width of the furniture it sits above. COURTESY CRATE & BARREL



Mirrors can not only reflect light and open up a room visually, they can also replace artwork as sculptural wall decor. Constellation Mirror, \$249, UrbanBarn.com.

COURTESY URBAN BARN



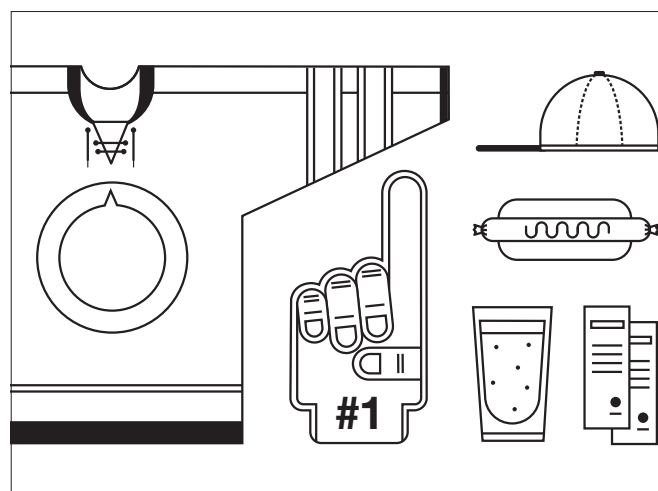
Many small pieces of art grouped together can be a great alternative to one large piece. COURTESY CRATE & BARREL

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HOME RENOS

Thursday, October 10, 2013



A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. SYDA PRODUCTIONS/COLOURBOX

The road to renovation success

Renovate with confidence — plan for success. The suggestions below, offered by the Canadian Renovators' Council of the Canadian Home Builders' Association, will set you well on your way to a home renovation that is done right.

Know what you want

A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. Take the time to

explore the possibilities and develop a detailed plan.

Get professional advice

Renovation professionals have a wealth of experience and can advise you on budgets, work with you to develop the right design and help you choose appropriate products and materials. If you opt to do the design work as a separate first step, a designer can also prepare a firm plan for you to get bids for the actual work. Alternatively, you may wish to hire a

design/build renovator to look after all facets of your project.

Set a realistic budget

The cost of finishing products varies tremendously. Special trades may be required for tasks such as rerouting plumbing and wiring. There may be costs for waste disposal. And so on.

Set realistic time frames

Not surprisingly, homeowners can underestimate the time it takes to do a renovation, not

recognizing the number of steps involved in a project. For example, a simple bathroom makeover can take weeks since it involves many different tasks that must be done in the right order, and a number of different trades that must be co-ordinated.

You can't rush quality

Discuss the timelines for your project with your renovator and any concerns you may have about the scheduling. Be prepared to accept that it may

take longer than you initially thought, to get the work done right and to your lasting satisfaction.

Hire for value, not price

If you invite bids from a number of companies, it may be tempting to go for the lowest price, but you need to consider the implications. Does the renovator understand what's involved in the project? Will you get the quality you expect, or will the renovator cut corners to stay within the budget?

Will you be hit with extra charges for items that other contractors included in their bids? Sometimes the lowest price bid ends up costing the most.

Be a knowledgeable client

It is your home, your project and your investment. It's vital that you are comfortable with the renovation process and understand what is going on. And never hesitate to ask questions or bring up any concern you may have.

CANADIAN HOME BUILDERS' ASSOCIATION



The products and materials used in your renovation can have a big impact on the overall quality of the job and your satisfaction. COLOURBOX

Don't settle for inferior products

One of the exciting aspects of renovating your home is choosing the materials and products that go into it. From bathroom fixtures to flooring to mechanical systems, the marketplace offers great choice, quality, affordability and value. However, there are also inferior products out there, and at first glance, it can be difficult to tell the difference.

The products and materials used in your renovation can have a big impact on the overall quality of the job and your satisfaction.

When you buy a brand

name product made by a respected, well-known company, you know you can trust the quality. Brand name manufacturers invest significantly in research and development to bring new, improved products to the market. They stand behind their products with a warranty and after-sales service. As well, they offer training and installation assistance to new home builders and renovators.

There are standards for many products used in home renovation. Some standards are mandatory and may be

referenced in building codes. Other standards are voluntary. Manufacturers of quality products make sure their products are tested and certified, whether required or not.

Testing and certification are done by the Canadian Standards Association (CSA), Underwriters Laboratories of Canada (ULC), and other similar agencies. Look for symbols of these agencies when you shop, get advice from your renovator, and go online for more information. If a product doesn't indicate that it meets any standard, you have no way of knowing how well

it will perform, or how long it will last.

A product may claim to be "green" and offer some kind of environmental benefit. Unless the manufacturer backs up the claim with solid, verifiable information, preferably from a third party, you can't know if you are getting what you expect.

Don't hesitate to ask tough questions of suppliers and retailers, and demand detailed information to substantiate a green claim, before you choose a product based on its environmental attributes.

CANADIAN HOME BUILDERS' ASSOCIATION

Design. Create a harmonious environment

Good design is an integral part of a successful renovation. It adds to the functionality of your home, increases your enjoyment, and gives you the best value for your investment. In other words, design can make a big difference.

The aim of good design is to create a harmonious environment of practical, common sense elements that

enhance your life — a living environment that looks, feels and works well.

It always begins with function. Only when the function of a room has been clearly defined, can you begin to develop the space. That's why designers will often ask homeowners to spend time thinking through, sometimes in minute detail, how they use or wish to use a specific area.

This is particularly important for a kitchen renovation to ensure the proper configuration of working and storage areas, lighting, and so on.

It is helpful to define your style right at the start. For instance, are you traditional, French country, urban chic or something else? You may not have a label for your own style, but what are your preferences? Before consulting

with professionals, create a portfolio of designs, products and materials that you like — photos, brochures, samples, etc. This will help both you and them to zero in on the right style and details.

Every project is different, but renovation experts agree there are a number of design considerations that apply generally to renovations.

• Room sizing. Draw your fur-

niture (scaled proportionately) right on the plan — does the room seem too crowded now?

• Traffic flow. How does your family move around in the house, in and out of rooms, from one area to another? Are there awkward or "dead" areas?

• Lighting. Lighting plays a big role in setting the mood in your home and accenting

features of a room. Use a combination of fixtures to create different effects — pot lights, wall sconces, chandeliers.

To get the best out of your design, think through all other elements of your renovation, from windows and doors to stairs and railings. Always consider function, style, placement and compatibility with surroundings.

CANADIAN HOME BUILDERS' ASSOCIATION



Renovations, such as painting, are an opportunity to protect your investment and enhance the value of your home. VIACHESLAV/COLOURBOX

Enhance value of your home

Your home is likely the most valuable asset you own. Your decision to renovate it may be driven by your lifestyle and a personal desire to upgrade. At the same time, renovation is an opportunity to protect your investment and enhance the value of your home.

First, to protect your asset, start with the basics.

Ongoing maintenance prevents the deterioration of a home and its value. As part of your renovation planning, do a thorough inspection of your home or hire someone to do it.

General wear and tear is often inexpensive to deal with, but can make a big difference to the appearance and appeal of your home. Components, from roofing shingles to furnaces, must be replaced at the end of their lifespan.

It's crucial to eliminate problems that can damage your home. Moisture problems, for instance, that can also be detrimental to your health, should be dealt with before or at the same time as your renovation, not postponed to later. Cracks in the foundation or brick walls,

loose siding, missing mortar, sagging floors or other issues that have developed over time should be attended to, before they create more serious problems.

Next, there are a number of ways you can maximize the value of your renovation investment.

Increasing the energy- and water-use efficiency of your home has both immediate and long-term payoffs. You will start saving money on your utility bills as soon as the new systems have been installed, while federal and/or provincial grants may help to offset your cost.

While taste is personal, a well-designed renovation will add greater appeal and value to your home. Spatial considerations are key — layout, traffic flow, visual flow from one area to another, size of rooms and ease of furnishing them, tying new construction seamlessly with the existing home, and so on. Trends come and go — you may want to choose features and finishes with lasting appeal, instead of the latest, hottest items.

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Fusilli or rotini? Shrimp and clams or halibut? Choose your ingredients

Seafood Tomato Sauce over Fusilli with Fennel



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)



ROSE REISMAN
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This hearty seafood sauce is perfect during the cooler months.

Fennel is outstanding in this dish. If it is unavailable, use 1/4 cup licorice liqueur or 1 tbsp fennel seeds. If the licorice taste is not desired, omit fennel and add 1 cup chopped leeks or onions.

Any combination of seafood can be substituted to make up the total amount.

Firm white fish fillets, such as halibut, snapper or haddock, can be substituted for seafood.

1. Cook the chopped fennel in boiling water for about 8 minutes, or just until barely tender. Drain and set aside.

2. Cook pasta of your choice in boiling water ac-

cording to package instructions or until firm to the bite. Drain and place in serving bowl.

3. In a large nonstick saucepan, heat the vegetable oil; sauté garlic, red onions, green peppers and fennel for 5 minutes. Add sliced mushrooms and cook for 5 minutes or just until mushrooms are no longer wet. Add crushed tomatoes,

stock, black olives, tomato paste, basil, oregano, bay leaf and cayenne. Simmer on medium-low heat for 15 minutes, stirring occasionally.

4. Add seafood. Cover and simmer for 3 minutes, or until mussels are open and seafood just cooked. Pour over pasta. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 1 cup chopped fennel
- 12 oz fusilli or rotini
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped red onions
- 1 cup chopped sweet green peppers
- 1 cup sliced mushrooms
- 2 cans (19 oz each) crushed tomatoes
- 1/2 cup fish or chicken stock
- 1/3 cup sliced black olives
- 1 tbsp tomato paste
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- Pinch cayenne
- 8 oz fresh mussels or clams
- 8 oz shrimp, peeled and deveined
- 8 oz squid, cleaned and sliced

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For Thanksgiving or Christmas, this is your guide to making a traditional turkey spread with old-fashioned stuffing, sides and sauces. There's cranberry confit, five-nut roasts and custard trifles for everyone.



Just can't say goodbye to your grill? This one's for you

Before the temperatures start to drop and those fall chills make their way across the country, put your barbecue to good use while you still can.

This Grilled Halibut, Asparagus and Chorizo with Arugula Pasta Sauce makes for a sophisticated presentation but is deceptively easy to make.

Ingredients

- 2 pieces skinless boneless halibut (about 300 g total), cut 1 1/2-inches (4 cm) thick
- 3 oz (90 g) spicy cured chorizo sausage, cut diagonally in six 1/4-inch (5 mm) thick slices
- 10 thick asparagus spears, trimmed
- 4 tsp (20 ml) olive oil
- 1 tsp (5 ml) grated lemon rind
- 2 tbsp (25 ml) chopped fresh basil
- 1/4 tsp (1 ml) kosher salt
- 1/4 tsp (1 ml) cracked black pepper
- 1/2 cup (125 ml) PC Black Label Arugula Pasta Sauce



This recipe serves two. PRESIDENT'S CHOICE

1. Preheat your barbecue to medium-high heat.

2. In large bowl, gently toss together halibut, chorizo, asparagus, olive oil, lemon rind, basil, salt and pepper until combined. Pour pasta sauce into small saucepan; set aside.

3. Arrange halibut, chorizo and asparagus on grill, keeping each ingredient together. Cook chorizo and asparagus for 5 to 6 minutes, turning every minute, or until tender and slightly charred. Cook halibut for 6 to 8 minutes, turning once halfway, or until just cooked through.

4. Meanwhile, place saucepan with pasta sauce on stovetop over medium heat. Cook, stirring occasionally, for about 5 minutes or until heated through.

5. Spoon sauce into centre of two dinner plates. Arrange halibut, chorizo and asparagus over top. **PRESIDENT'S CHOICE**

Lunch. Baby Spinach, Tuna & White Bean Salad



Tender baby spinach is a source of iron, and makes a great base for this main course tuna-bean salad.

1. In large bowl, toss together spinach, tomatoes, red peppers, kidney beans, tuna, 1/4 tsp (1 ml) of the salt, and

pepper.

2. In small bowl, whisk together vinegar and mustard; whisk in olive oil and remaining 1/4 tsp (1 ml) salt. Pour over tuna mixture; toss to coat.

PRESIDENT'S CHOICE

Ingredients

- 1 tub (142 g) PC Organics Baby Spinach
- 1 cup (250 ml) cherry tomatoes, halved
- 1 cup (250 ml) diced sweet red peppers
- 1 can (540 ml) white kidney beans, rinsed and drained
- 1 can (120 g) PC Solid White

Tuna in Water, drained and flaked

- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tbsp (25 ml) red wine vinegar
- 2 tsp (10 ml) Dijon mustard
- 1/4 cup (50 ml) olive oil

Murder case

Prosecutors seek recusal of judge in Hernandez trial

Prosecutors in the murder case against former New England Patriot Aaron Hernandez want the judge to recuse herself because, they said Wednesday, she and the lead prosecutor have a public history of antagonism and she has shown bias.

Bristol County Assistant District Attorney William McCauley wants Judge Susan Garsh to remove herself from the case, he said during a hearing in Fall River Superior Court.

Hernandez attorney James Sultan said in court that the defence would strenuously object to the recusal request when arguments are heard Oct. 21.

THE ASSOCIATED PRESS

MLB playoffs

Tigers' Verlander to face A's in Game 5 once again

These decisive Game 5s sure are becoming familiar for Justin Verlander.

Just like last October in Oakland, the Tigers have been pushed to a winner-take-all fifth game in their AL division series against the Athletics. And Detroit will have Verlander on the mound again Thursday night after he pitched a four-hit shutout in the 2012 clincher.

"Well, you don't pretend. It's not just another game," Verlander said after the Tigers evened the series with an 8-6 win Tuesday at Comerica Park. "This whole season ... comes down to one game; may the best team win." THE CANADIAN PRESS



Devin Setoguchi is familiar with the Jets' geographical neighbour the Minnesota Wild, having played with them for two seasons. MARIANNE HELM/GETTY IMAGES

No neighbourly love between Jets, Wild

NHL. Proximity between cities could spark rivalry, but they'll have to play some games first

The insider

"I remember when I played there it used to be about half Winnipeg fans in the crowd."

Jets forward Devin Setoguchi, who played two seasons for the Minnesota Wild.

They're the Winnipeg Jets' closest NHL neighbours and they'll be spending a lot of time together from now on, but the Jets and Minnesota Wild won't be swapping recipes.

As division rivals, they'll be trying to claw their way past the other to secure a playoff spot in the realigned Central Division, with their first meeting of the season Thursday in St. Paul, Minn.

"We need to establish ourselves as a team that wants to beat them, which is exactly what they're going to want to do," says Jets coach Claude Noel.

There has been a lot of talk about a natural rivalry, since the two are so close. Minneapolis-St. Paul is half the distance from Winnipeg as Calgary, for example, and Winnipeg hockey fans regularly drive south

to watch games at the Xcel Energy Center.

"Our fan base goes down there a fair bit and voices their opinions, so that creates some anxiety in different parties and I think that's healthy," says Noel.

But he also suggests it would be nice to play a few games before talking about a rivalry. The two teams met exactly twice during the regu-

lar season in 2011-12 and twice during this pre-season.

"We haven't created a rivalry yet," said Noel. "It's the potential, everybody talks about it, so it will get created, probably through the media."

Jets forward Devin Setoguchi knows the Wild well, after playing two seasons with them before being traded to Winnipeg.

"They're a pretty structured hockey club," he says.

"They play a north-south game and they try to eliminate turnovers and they work hard. It's pretty simple the way they play. They've got some skill over there as well."

THE CANADIAN PRESS

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Young blood a good sign of progress in the 'Peg



THE HOCKEY NEWS

Matt Larkin
winnipeg@metronews.ca

Watching the Jets' 2-1-0 start, I can't help but wonder if taking a step backward is the key to going forward.

During the off-season, I sensed a culture of status quo. Blake Wheeler, Bryan Little and Zach Bogosian received long-term contracts. Wheeler earned his extension, but Little got \$4.7 million per year after scoring seven goals in 48 games last season. Bogosian got \$5.1 million per, but has lost at least 10 games to injury in three straight campaigns.

That left little money for GM Kevin Cheveldayoff to use in free agency. So the Jets took a middling roster that finished 24th in goals against and dead last on the power play, made no significant additions and



Big centre Mark Scheifele is reason for hope in the Jets' future with salary cap money tight in Winnipeg. MARIANNE HELM/GETTY IMAGES

locked up their stars. How can that equation possibly amount to a playoff berth?

There's only one way, and that's to build from within. In The Hockey News' annual special issue, Future Watch, we rank the Jets' farm system fifth overall. In blue-liner Jacob Trouba and centre Mark Scheifele, they have the NHL's

No. 10 and No. 14 overall prospects, respectively, according to our scouts. They also have potential in Joshua Morrissey (defence), Nic Petan (centre) and Eric Comrie (goaltender).

So we knew help was on the way before 2013-14 began. The question was whether Cheveldayoff, coach Claude Noel and the team brain

trust would let the kids play. I feared the Jets were a team in denial, determined to push forward with their veterans and not risk a temporary step backward if it jeopardized this season's playoff push.

Instead, Scheifele and Trouba made the team. Scheifele, who has clicked on a with Evander Kane early on. Trouba has acquitted himself with a goal and an assist in his NHL debut and hasn't looked afraid to throw his big frame around. Just ask Taylor Hall.

Especially encouraging: Neither player is with the team on a nine-game trial basis. In other words, Winnipeg is giving its two young guns a real chance to make an impact.

Might the youngsters make a few costly blunders? Sure. But having them up is finally an acknowledgement that what the Jets finished 2012-13 with wasn't good enough.



Cards sink Pirates in Game 5

The Cardinals celebrate beating the Pittsburgh Pirates in Game 5 of the NLDS on Wednesday night in St. Louis. The Cards' win sets up a NLCS with the Los Angeles Dodgers starting Friday. ELSA/GETTY IMAGES

Drug issues

Doping agency says Russian violations on rise ahead of Sochi

Russia's national anti-doping agency says the number of doping violations by Russian athletes has more than doubled this year.

RUSADA said in Wednesday's statement that more than 88 athletes have been punished for different violations and more than 80 other cases are still under investigation or awaiting decision.

The report comes four months before Russia hosts the 2014 Winter Olympics in Sochi.

The number of doping violations in the first nine months of the year is almost twice the number registered during all of 2013.

The statement said 13,674 urine and 3,118 blood tests were carried out. More than 50 per cent of the tests were conducted out of competition.

The statement did not specify the sports or athletes involved.

THE ASSOCIATED PRESS

Mind game. Canada's Calve preparing for anything

When Caroline Calve carves her way down the Olympic alpine snowboard course in Sochi, Russia, she'll be following lines she's done hundreds of times before.

Her five-foot-eight frame has only been down the parallel giant slalom slope six times, but her mind does that mountain pretty much every day.

"Your brain doesn't know the difference between thinking about it and actually doing it so I've had a lot of practice," said Calve.

She was in Toronto on Wednesday for an event announcing the 47 summer and winter athletes who receive support from the RBC Olympians program.

"I picture the run and it's pissing rain, I picture it at 15 degrees, sunny and slushy, I picture it in all kinds of colours just to be ready for anything," she said.

"I want my attitude to be, 'It's raining? Yes! I'm so prepared for rain.'"

For Calve — who was third in World Cup parallel standings last season — all this visualization is about making sure she's better prepared for the stress and uncertainty she'll encounter in Sochi than she was during her first Olympics.



Canadian snowboarder Caroline Calve. TORSTAR NEWS SERVICE

At the 2010 Vancouver Games, Calve got psyched out by the weather when the rain and lack of snow meant most of her training runs were cancelled.

"There were a lot of things that were not normal. It was something I had a really hard time with," said Calve, who finished 20th in her event.

"With the Olympics, they don't cancel or postpone an event, it is what it is, so you have to be ready."

Calve has had mixed results the six times she's tried the hill in Sochi.

"I have good potential to master that hill and I'm certainly thinking about it a lot," the 35-year-old from Aylmer, Que., said. TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION							
	GP	W	L	OL	GF	GA	Pt
Toronto	4	3	1	0	13	10	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Tampa Bay	3	2	1	0	7	7	4
Ottawa	2	1	0	1	5	5	3
Montreal	2	1	1	0	7	5	2
Florida	3	1	2	0	5	11	2
Buffalo	4	0	3	1	4	10	1

METROPOLITAN DIVISION							
	GP	W	L	OL	GF	GA	Pt
Pittsburgh	3	3	0	0	12	3	6
NY Islanders	3	2	0	1	12	7	5
Carolina	3	1	1	1	6	9	3
New Jersey	4	0	1	3	9	15	3
Columbus	2	1	1	0	6	6	2
NY Rangers	3	1	2	0	6	14	2
Washington	3	1	2	0	10	12	2
Philadelphia	4	1	3	0	5	10	2

WESTERN CONFERENCE

CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Colorado	3	3	0	0	11	3	6
St. Louis	2	2	0	0	11	2	4
Winnipeg	3	2	1	0	12	10	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Nashville	3	1	2	0	6	9	2
Minnesota	3	0	1	2	7	10	2

PACIFIC DIVISION							
	GP	W	L	OL	GF	GA	Pt
San Jose	3	3	0	0	17	4	6
Vancouver	4	3	1	0	15	12	6
Anaheim	3	2	1	0	8	11	4
Calgary	3	1	0	2	12	13	4
Phoenix	3	1	2	0	6	11	2
Los Angeles	3	1	2	0	7	10	2
Edmonton	3	1	2	0	11	15	2

Note: Two points for a win, one point for overtime loss.

Thursday's games
All Times Eastern
Colorado at Boston, 7 p.m.
Columbus at Buffalo, 7 p.m.
Carolina at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Toronto at Nashville, 8 p.m.
Winnipeg at Minnesota, 8 p.m.
Montreal at Edmonton, 9:30 p.m.
NY Rangers at Anaheim, 10 p.m.
San Jose at Vancouver, 10 p.m.

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5; x — played only if necessary)

BOSTON (1) VS. TAMPA BAY (6)

(Boston wins series 3-1)

Tuesday's result

Boston 3 Tampa Bay 1

OAKLAND (2) VS. DETROIT (3)

(Series tied 2-2)

Tuesday's result

Tuesday 8 Oakland 6

Thursday's game

Detroit (Scherzer 21-3) at Oakland (Colon 18-6), 9:07 p.m.

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(Series tied 2-2)

Wednesday's result

Pittsburgh at St. Louis

Monday's result

St. Louis 2 Pittsburgh 1

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles Dodgers wins series 3-1)

Monday's result

L.A. Dodgers 4 Atlanta 3

CFL

WEEK 16

EAST							
	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
x-Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST							
	GP	W	L	T	PF	PA	Pt
x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.

Friday's game — All Times Eastern

B.C. at Calgary, 9 p.m.

Saturday's game

Edmonton at Saskatchewan, 4:30 p.m.

Monday, Oct. 14

Winnipeg at Montreal, 1 p.m.

Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK SIX

Thursday's game — All Times Eastern

N.Y. Giants at Chicago, 8:25 p.m.

Sunday's games

Detroit at Cleveland, 1 p.m.

Green Bay at Baltimore, 1 p.m.

St. Louis at Houston, 1 p.m.

Cincinnati at Buffalo, 1 p.m.

Pittsburgh at N.Y. Jets, 1 p.m.

Philadelphia at Tampa Bay, 1 p.m.

Carolina at Minnesota, 1 p.m.

Oakland at Kansas City, 1 p.m.

Tennessee at Seattle, 4:05 p.m.

Jacksonville at Denver, 4:05 p.m.

New Orleans at New England, 4:25 p.m.

Arizona at San Francisco, 4:25 p.m.

Washington at Dallas, 8:30 p.m.

Monday, Oct. 14

Indianapolis at San Diego, 8:40 p.m.

MLS

Wednesday's results

Kansas City at Houston

Vancouver at Seattle

Colorado at San Jose

Saturday's games

New England at Montreal, 2:30 p.m.

Philadelphia at D.C., 7 p.m.

Chicago at FC Dallas, 8:30 p.m.

Sunday's game — Seattle at Portland, 9 p.m.

Horoscopes

♈ Aries

March 21 - April 20

The planets warn someone you will try to take advantage of you. They will only succeed if you can't be bothered to stop them. Sometimes you can be too easygoing.

♉ Taurus

April 21 - May 21

If you are looking for an honest opinion from your friends, you won't get it. You will though get flattery by the bucket load, so try to keep in touch with reality. Take what others tell you with a large pinch of salt.

♊ Gemini

May 22 - June 21

The spotlight will shine on areas of your life that maybe you would prefer to keep under wraps. Don't kick up a fuss or your enemies will realize they have touched a nerve and won't ever leave you alone.

♋ Cancer

June 22 - July 23

You are in a restless mood today but it's highly unlikely you will be in the same place tomorrow. Get away from your usual surroundings. It will do you a world of good.

♌ Leo

July 24 - Aug. 23

A combination of Venus and Neptune will bring your humanitarian instincts to the fore today. But be careful who you give money to as not everyone will deserve it.

♍ Virgo

Aug. 24 - Sept. 23

You may find it hard to explain how you feel today but that's OK. Those who count the most will recognize the signs and give you the love and support you so clearly need.

♎ Libra

Sept. 24 - Oct. 23

Do you control your desires or do you indulge them to the full? Only you can decide. But if you play safe, you will most like regret it. Life is for laughing and loving, so don't be scared to take chances.

♏ Scorpio

Oct. 24 - Nov. 22

Today's influences may take away your energy, at least for a while, but that may be no bad thing. Sometimes it's good to step back from the hustle and bustle of life and refocus.

♐ Sagittarius

Nov. 23 - Dec. 21

Take your pleasures where you find them today — and you will find them in every direction. Most likely you will get the greatest satisfaction from being with your family.

♑ Capricorn

Dec. 22 - Jan. 20

You seem to be worrying that your life is going too well and something is sure to go wrong in a big way very soon. That's typical Capricorn negative thinking but, you are wrong.

♒ Aquarius

Jan. 21 - Feb. 19

It's not like you to worry about issues that you have no way of controlling, so snap out of the funk you have fallen into and get your mood back up there in the clouds. Life is supposed to be fun — remember?

♓ Pisces

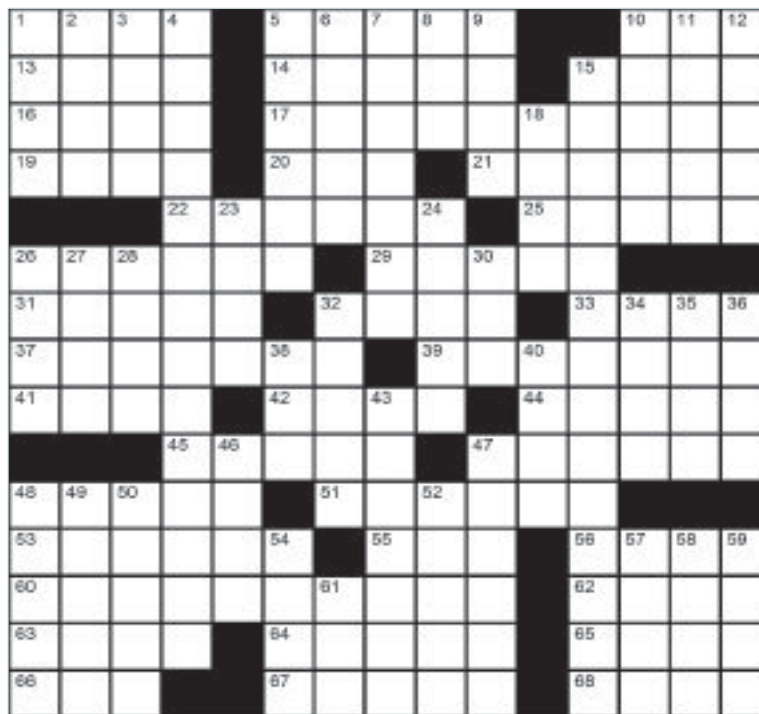
Feb. 20 - March 20

This may be a restless day for you but that's OK. In fact, the more you and move around, the more fun you will have — and the more money-making opportunities you are likely to attract. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- On __ (Without a contract)
- "The __ Estate" on CBC
- Person's size stat.
- Curved shape
- Hit __ spot
- Cut back
- Ms. Ephron
- Hit for Canadian band Sweeney Todd: 2 wds.
- Made, like wool
- Old English letter
- CBC's "Battle of the __"
- 1992 Barenaked Ladies album
- "Take __ day at a time."
- Improvises
- Sketch's Mr. Michaels
- Prefix meaning 'Nose'
- Head of France?
- Garnish
- BBC Canada motoring program: 2 wds.
- Whale: French
- Absentee soldier stat.
- Headquarters
- It's short for 'low budget'
- Era
- Breathable fabric
- Deadly
- Dance music style
- Onze: English
- Geddy of Rush



- Where Neil Armstrong worked
- Old West saloon brawl weapon: 2 wds.
- Particular
- Mark Twain story, __ Diary
- Six-stringed instruments
- "We want you here!"
- Soak flax
- Rile
- Twirl

Down

- Without
- __ up (Support)
- Almond shade

- Spectacular signs of the season: 2 wds.
- Sea travellers
- "That __, I could have sworn that..."
- Battlefield shelter
- Attempt
- Cilantro, for one
- Writer, Ralph __ Emerson (b.1803 -

- d.1882)
- PEI, The __ Province
- Succinct
- What caused Pangaea to break apart?: 2 wds.
- Ken of "thirty-something"
- Instrument for the

- Duck in Sergei Prokofiev's symphonic fairytale Peter and the Wolf
- "That might __ such a bad idea..."
 - "Thou __ lady." - King Lear
 - Red Sea sailing vessel
 - Fat-sucking oper.
 - Mens __ (Criminal intent, in law)
 - Stretch of land
 - Carouse
 - Quickly, __ time at all
 - "You're putting __, right?!"
 - Blood-typing letters
 - Novelist Mr. Uris
 - Coach on "The Voice", Blake __
 - Common people member, briefly
 - Cornball
 - Not as many
 - Hit for Canadian singer Edwin
 - Dogma
 - Sit-and-play instrument
 - 'N' of NS
 - On
 - __-sweet chocolate
 - Sherman Hemsley comedy of 1986 to 1991
 - Pantry container

Yesterday's Crossword

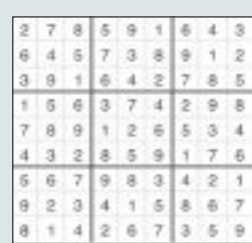


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 19°
MIN: 3°



MAX: 17°
MIN: 9°



MAX: 13°
MIN: 2°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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